

# GATES COUNTY SCHOOL NUTRITION MENU

JANUARY 2024

FRESH FRUIT SERVED DAILY

## Gates County Public Schools School Nutrition



### Second Choice Offerings:

**Monday** Mozzarella Sticks w/ Sauce

**Tuesday** Peanut Butter and Jelly Sandwich

**Wednesday** Chef Salad w/ Ham

**Thursday** Peanut Butter and Jelly Sandwich

**Friday** Chicken Fajita Salad

**Peanut Butter and Jelly Sandwiches**  
available upon request



### Meal Pattern Daily Offerings

| Food Comp               | Breakfast | Lunch        |
|-------------------------|-----------|--------------|
| Milk                    | 8oz       | 8oz          |
| Vegetable/<br>Fruit     | ½ cup     | ½ + ½ = 1Cup |
| Grains                  | 1grain    | 1grain       |
| Meat/ Meat<br>Alternate | 1oz       | 2oz          |

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday   |
|---|--|--|---|--|
| <b>1</b><br><br><b>8 Breakfast</b><br>Sausage Biscuit<br>Fruit Juice/Fruit Sorbet<br>Cold Milk<br><b>Lunch</b><br>Buffalo Chicken Wings<br>Garlic Knot<br>Sweet Potato Fries<br>Steamed Spinach<br>Pineapple Tidbits<br>Cold Milk | <b>2</b><br><br><b>9 Breakfast</b><br>Super Donut<br>Fruit Juice / Diced Pears<br>Cold Milk<br><b>Lunch</b><br>Chili w/ Beans<br>Corn Muffin<br>Whole Kernel Corn<br>Steamed Broccoli<br>Sliced Peaches<br>Cold Milk                       | <b>3 Breakfast</b><br>Sausage Biscuit<br>Fruit Juice/Fruit Sorbet<br>Cold Milk<br><b>Lunch</b><br>Bacon Cheeseburger<br>Sweet Potato Fries<br>Baked Beans<br>Fruit Salad<br>Cold Milk  | <b>4 Breakfast</b><br>Super Donut<br>Fruit Juice/Applesauce<br>Cold Milk<br><b>Lunch</b><br>Orange Mandarin<br>Chicken/ Rice /Roll<br>Whole Kernel Corn<br>Glazed Carrots<br>Sliced Peaches<br>Cold Milk              | <b>5 Breakfast</b><br>French Toast<br>Fruit Juice/<br>Mixed Berry Cup<br>Cold Milk<br><b>Lunch</b><br>Pepperoni Pizza (Nachos w/<br>Cheese Sauce-CMS & GCHS)<br>/Sweet Potato Fries<br>Green Beans /Diced Pears<br>Cold Milk |
| <b>15 Holiday</b><br>   | <b>16 Breakfast</b><br>Breakfast Pizza<br>Fruit Juice/Mixed Berry<br>Cup<br>Cold Milk<br><b>Lunch</b><br>Taco Salad w/ Lettuce,<br>Tomato, and<br>Cheese/Nacho Chips<br>Sweet Potato Wedges<br>Black Beans<br>Diced Pears/Cold Milk        | <b>17 Breakfast</b><br>Sausage & Cheese Biscuit<br>Fruit Juice/Fruit Sorbet<br>Cold Milk<br><b>Lunch</b><br>Orange Mandarin Chicken<br>Steamed Rice /Wheat Roll<br>Green Beans<br>Mixed Vegetables<br>Fruit Salad<br>Cold Milk | <b>18 Breakfast</b><br>Pancake Mini Confetti<br>Fruit Juice/<br>Applesauce/Cold Milk<br><b>Lunch</b><br>Spaghetti w/ Meat<br>Sauce<br>Wheat Roll<br>Steamed Broccoli<br>Glazed Carrots<br>Sliced Peaches<br>Cold Milk | <b>19 Breakfast</b><br>Chicken Biscuit<br>Fruit Juice/Pears/Cold Milk<br><b>Lunch</b><br>Deli Turkey & Cheese on<br>Croissant<br>Lettuce, Tomato, Pickles<br>Baby Carrots w/ Ranch Dip<br>Delicious Apple<br>Cold Milk       |
| <b>22 Breakfast</b><br>Blueberry Muffin<br>Fruit Juice/Applesauce<br>Cup<br>Cold Milk<br><b>Lunch</b><br>Stromboli w/ Sauce<br>Steamed Broccoli<br>Sweet Potato Fries<br>Pineapple Tidbits<br>Cold Milk                           | <b>23 Breakfast</b><br>Pancake Sausage on Stick<br>Fruit Juice/Diced Peaches<br>Cold Milk<br><b>Lunch</b><br>Hamburger Steak<br>w/Gravy/ Wheat Roll<br>Mashed Potatoes<br>Glazed Carrots<br>Blackeye Peas<br>Fruit Salad<br>Cold Milk      | <b>24 Breakfast</b><br>Super Donut<br>Fruit Juice/Fruit Sorbet<br>Cold Milk<br><b>Lunch</b><br>Pepperoni Pizza (Buffalo<br>Wings-CMS & GCHS)<br>Sweet Potato Tots<br>Whole Kernel Corn<br>Diced Pears<br>Cold Milk             | <b>25</b><br>   | <b>26</b><br>  |
| <b>29 Breakfast</b><br>Apple Muffin<br>Fruit Juice/Applesauce/<br>Cold Milk<br><b>Lunch</b><br>Bacon Cheeseburger<br>Sweet Potato Wedges<br>Baked Beans<br>Diced Pears<br>Cold Milk   | <b>30 Breakfast</b><br>French Toast/Sausage<br>Fruit Juice/<br>Mixed Berry Cup<br>Cold Milk<br><b>Lunch</b><br>Pepperoni Pizza (Grilled<br>Chicken Sandwich-CMS<br>& GCHS) /Sweet Potato<br>Fries<br>Green Beans /Fruit Salad<br>Cold Milk | <b>31 Breakfast</b><br>Waffles<br>Fruit Juice/Fruit Sorbet<br>Cold Milk<br><b>Lunch</b><br>Hotdog on Roll<br>Baked Beans<br>Corn on Cob<br>Sliced Peaches<br>Cold Milk   |   |  |